

Ashtanga Yoga

Instructor: Julie Pernokas

Ashtanga Yoga is a sequence of poses or postures coordinated with a specialized breathing technique (Ujjayi breath). The powerful sequence is designed to align the body, build strength, tone muscles, and improve concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind and spirit. No previous yoga experience is necessary (it's OK if you can't touch your toes!). All levels are welcome. Please bring a yoga mat and a small towel or strap.

12 weeks, 1 or 2 days per week

Wednesday

September 19 - December 12 (No class 11/21)

Friday

September 21 - December 14 (No class 11/23)

For each class above:

9 – 10:15 am

@ Warren Building

\$255 for two days per week

\$175 for 1 day per week

Min: 8/Max: 15 per class

Yoga - Lates

Instructor: Karen McGee

What is the result of a class that combines the best core strengthening poses from yoga and Pilates mat-based classes? You get a potent, fun filled class that hits those hard to reach abdominal, back, and buttocks muscles, commonly referred to as "the core." This class is suitable for everyone, from new moms looking for those abdominal muscles that were "lost" during pregnancy, to adults who are looking for gentle awareness of their center. All levels, even the most hardcore fitness buffs will be challenged to find their inner strength because you will be taught several modifications which are progressive enough to reach new awareness and levels of fitness.

12 weeks

Tuesday 9 – 10 am

September 18 - December 11

(No class 11/20)

@ Warren Building

\$185

Min: 6/Max: 15

Power Yoga Basics

Instructor: Karen McGee

Find out why so many people are hooked on power yoga to keep their bodies fit and mind calm. This fun, challenging strength building class is available to every person who dares to "go inside" where inner strength lies. You will be taught a series of strengthening poses that are linked by the relaxing power of the breath. This hot flowing sequence will have you sweating your stress away... then its time to hold deep stretches and you dissolve into a state of meditation. This class is geared for folks just starting out or those who wish to deepen their existing practice. Please bring water, towel and be prepared to sweat!

12 weeks

Thursday 9 – 10 am

September 20- December 13

(No class 11/22)

@ Warren Building

\$185

Min: 6/Max: 15

Pil - Oga

Instructor: Michael Preston

This gently stimulating class combines the stress relieving advantages of the ancient meditative art of YOGA with the "core strengthening" developed by Joseph Pilates in 1915. Stretching and breathing warm-ups evolve into a 30 minute series of exercises alternating compression with extension. A cool down follows with the classical YOGA technique of "Prahna Yama" and a deep, guided relaxation leaving the participant both energized and relaxed. Please bring a yoga mat.

11 weeks

Intermediate/Advanced:

Monday

7 – 8 pm

Beginner/Advanced Beginner:

Monday

8 – 9 pm

For each class above:

September 17 - December 10 (No class 10/8 & 11/12)

@ Warren Building

\$115

Min: 6/Max: 12

**ALL
Yoga classes
require a yoga mat.**

Yoga Basics - Kripalu Yoga

Instructor: Sue Dorfman

Increase your energy, strength and endurance. Learn to release your anxiety, stress and tension. This mixed level class is for those who want to strengthen and tone, relax and breathe. Learn basic yoga postures and breathing techniques or support your own yoga practice.

11 weeks

Monday 8:45 – 9:45 am

September 17 - December 10

(No class 10/8 & 11/12)

\$120

12 weeks

Thursday 6 - 7 pm

September 20 - December 13

(No class 11/22)

\$130

For each class above:

@ Warren Building

Min: 8/Max: 15

Whole Life Weight Loss - A Whole New Way to Happiness.™

Instructor: Manjit Khalsa, Ed.D

This workshop is based on a unique combination of ancient yogic teachings, the latest scientific data, and the newest Dietary Guidelines for Americans. You'll learn how to eat the foods you love, so that your body naturally creates feelings of health and happiness. The class will introduce you to the tools you need to change the way you eat and think, so that you can achieve not just your weight loss goals, but other personal goals as well. We'll do some yoga, and we'll learn about food via a fun slide presentation. You'll leave the workshop, not just with pamphlets to take home and a website to use, but with an experience of hope and spirit that will help you succeed long after the workshop is over. An optional support group will follow the workshop.

1 class

Thursday

7 - 9:30 pm

October 25

@ Warren Building

\$35

Min: 6/Max: 12



T'ai Chi for Seniors

Instructor: Josh Fink

Tai Chi is a state of relaxation of both body and mind. If done regularly, it can improve muscle tone, flexibility, balance, and coordination. Many people find it boosts their energy, stamina, and agility, sharpens their reflexes, and gives a sense of overall well-being. This class is being run in conjunction with the Council On Aging & Recreation Department.

8 weeks

Intermediate:

Tuesday

2 - 3 pm

September 18 - November 6

Beginner:

Friday

2 - 3 pm

September 21 - November 9

For each class above:

@ Warren Building

\$30

Min: 8/Max: 20

Yoga

Instructor: Michael Preston

A basic yoga work out which combines both the Hatha and Kudalini styles, each class continues with 30 to 45 minutes of exercises that address specific problems such as back and neck pain, headaches, weak abdominal muscles and shoulder tightness. Class ends with meditation. You may bring your own yoga mat to class.

10 weeks

Beginner/Advanced Beginner:

Tuesday

7 - 8 pm

Intermediate/Advanced:

Tuesday

8 - 9 pm

For each class above:

September 18 - December 11

@ Warren Building

\$135

Min: 8/Max: 15

Non resident
fee is
\$10 per class

Senior & Healing Yoga

Instructor: Leslie Worris

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work within their limits to build strength, flexibility, and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners.

8 weeks

Thursday

1:45 - 2:45 pm

September 20 - December 8

@ Warren Building

\$70

Min: 8/Max: 15

NEW!